



## Houskeeping Olympics

**Maritza Cruz competes in the "toilet paper toss" at the International Housekeeping Week activities celebrating the staff at Lodging. The day included games, food and prizes for the 60 staff members who keep the lodging quarters spic and span for visiting Airmen.**

# Fitness experts: Start training now!

**BY STAFF SGT. C. TODD LOPEZ**  
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Air Force fitness experts say Airmen must begin preparations now if they want to pass the new fitness evaluations in January.

"They need to start training today for year-round fitness to meet mission readiness. They must include running, push-ups and crunches into their program," said Sylvia Goff, an exercise physiologist at the Bolling AFB, D.C., Health and Wellness Center.

The new Air Force fitness evaluation program involves running, push-ups, crunches and a measurement of body composition.

Goff said the new fitness standard may cause concern for Airmen who have not been to the gym for some time, or who may have never gone.

"There are several concerns," Goff said. "Some are afraid that they will not be able to meet the ... standard because many don't exercise on a regular basis. Others are concerned about injury they may receive from running."

Tammy DeCoux, the program manager for the Air Force Services Agency's fitness and sports office, said Airmen do not need to be concerned about the safety of running if they do it correctly.

"Running is not an inherently dangerous activity," DeCoux said. "A running program should be entered into slowly at first, with increasing progression of intensity and duration as conditioning occurs. Mild injuries caused by running are often due to things such as inadequate warm up, cool down or stretching; improper technique; poor running shoes; and over-training."

Shin splints is an inflammation of the tibia. Symptoms include pain in the front portion of the lower leg. DeCoux said the injury is caused by overuse and the shock from running on hard surfaces.

"The harder the running surface, the greater the shock," she said.

Treatment includes rest and ice, if needed, DeCoux said. Prevention involves varying your running surface, proper stretching, proper shoes and conditioning.

Airmen who are completely unfamiliar with physical training and conditioning, or with proper diet and weight-loss techniques, can find help on base. The Health and Wellness Center, as well as the fitness centers, can play a key part in helping Airmen prepare their bodies for the demands of the new fitness standards, said DeCoux.

"It is the role of the (Health and Wellness Centers) to develop fitness programs for both individuals and for units," DeCoux said. "Base fitness centers can provide ... the equipment and guidance needed to carry out those fitness programs. Additionally, we have fitness experts in the centers to help individuals train, one-on-one."

Goff said wellness centers also offer programs on nutrition, healthy eating, sensible weight loss, tobacco cessation, remedial strength and aerobic training.

For Airmen who want to start preparing for the running portion of the fitness evaluation, Goff recommends combining walking and running.

"Alternate running and walking until you are able to sustain a run," she said. "Some will be able to sustain the run a lot sooner than others. Once you can sustain the run, you want to increase your speed by no more than 10 percent per week."

People who have been sedentary for an extended period of time or those who have health risk factors should obtain a physician's clearance before beginning an exercise program of any kind, she said.

For help setting up a personal fitness program, contact Gary Schancer, Kirtland AFB Health and Wellness Center's exercise physiologist, 846-1186.



Photo by Lisa A. Gonzales

## Dancing the night away

Staff. Sgt. Luis Celado-Aquino, latin dance instructor, shows a couple some dance moves during Latin dance night, Sept. 19.

## Use caution around ditches, other confined spaces

Kirtland AFB consists of approximately 81 square miles of land.

Within this land area is a multitude of hazards, both natural and manmade.

One of the more insidious hazards on the base are confined spaces.

In its simplest form, a confined space is an area not meant for human occupancy and contains something that will kill or seriously hurt you, members of your families or coworkers. A listing of these areas would fill an encyclopedia; however, a short drive around the base would illustrate the definition in the forms including ditches, manholes of all types from sewers to communication vaults, fuel storage tanks, aircraft compartments, walk in freezers and sump pits.

The base has a confined space program management team composed of the Safety office, Bio Environmental and the Fire Department. This team is tasked with identifying, classifying and tracking confined spaces on base.

The majority of our confined spaces are areas that most of us will never enter, much less see.

However, the installation

has one specific category of confined spaces that present a hazard to all of us that work or live on base. Routine maintenance of our infrastructures and new construction present a real potential to encounter a confined space.

Ditches and construction pits can meet all requirements of a confined space either by intent, design or by inadvertently breaking into an existing electric, steam, water, gas or electric line located in a ditch or construction pit. In particular, the sandy dirt in this area crumbles very easily and can without warning engulf someone in a ditch or pit.

The occasional rainstorms and high winds are enough to start a cave-in, which will trap unsuspecting individuals without warning.

Use caution when you or a family member come across ditches, pits or any other areas that may present danger.

What can you do if you see something that could be a danger? Stop, stay away, call 911, stop a security patrol, call security forces, fire department and or the safety office. And keep other people away from the area until responders arrive.

## Third quarter Senior Airman Below-the-zone selectees

Senior Airman Below-the-zone selectees for the third quarter are:

**898TH MUNITIONS SQUADRON**  
Zachary D. Henderson.

**58TH MAINTENANCE SQUADRON**  
Stephen A. Messimer

**377TH COMPTROLLER SQUADRON**  
Nicholas K. Baker

**377TH SECURITY FORCES SQUADRON**  
Lisa Dewispelaere  
Annette R. Earnshaw

**58TH AIRCRAFT MAINTENANCE SQUADRON**  
Seth A. Cook